

STOP, LOOK, AND LISTEN

The key to RBT (Rational Behavior Training) is to start to understand how we think.

Remember: Positive thinking leads to positive behavior!

To help you think more clearly you can use “Stop, Look and Listen” as a tool.

Think of a train - once it gets rolling it takes a lot to stop it. You have to obey the crossing signals to avoid danger and even death.

Like a train, our thoughts are hard to control once a situation is happening. We need to plan ahead to learn and see the warning signals in our thoughts.

“*Stop Look and Listen*” is a crossing signal for your thinking. This means you need to be aware of your situation and listen for irrational thinking. As soon as it starts, you need to stop it by replacing irrational with rational thinking. This will help you avoid trouble and help you achieve your goals.

-STOP the behavior! Pause long enough to notice if a triggering situation is coming.

-LOOK at the situation! What are the warning signs for you?

-LISTEN to your self talk! How can you change your self-talk and listen to it in order to do something different in the future?